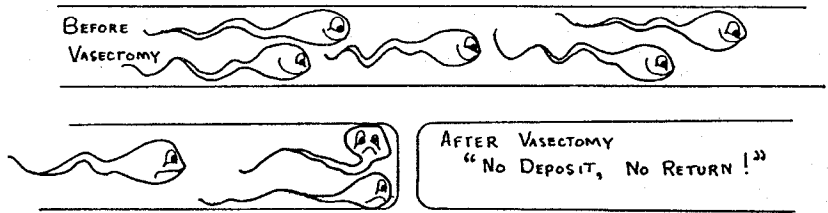


Hysterectomy • Masturbation • Menstrual Cycle • Contraceptive Implants • Progestin-Only Pills • Tubal Sterilization • Vasectomy • Withdrawal • Abortion • Abstinence • Breastfeeding • Cervical Cap • Condoms • Abortion • Depo-Provera

CHOICES

Abstinence • Breastfeeding • Cervical Cap • Condoms • Abortion • Depo-Provera Injections • The Diaphragm • Emergency Contraceptive Pills • The Intrauterine Device (IUD) • Fertility Awareness Method (FAM) • Film • Foam



VASECTOMY

"It makes a vast difference in your vas deferens!"

WHAT IS a vasectomy? Vasectomy is the operation which blocks the tubes (called the vas deferens) which carry a man's sperm to the outside. *This operation should be considered permanent. You must be certain you want no more children and will not change your mind. Complete information about this surgical procedure is available through your clinician.*

ADVANTAGES

- Minor operation. Safe, extremely effective, and permanent.
- Excellent for men in a stable relationship who have had all the children they want.
- Less expensive and fewer complications than tubal sterilization.
- Any time, even years later, you can have your semen checked to see if your operation is "still working." If your semen has no sperm, your operation is working!
- Gives the man the opportunity to play a responsible role in the contraceptive process.
- Does not affect man's ability to enjoy sexual intercourse.

DISADVANTAGES

- Requires surgery. Some men have great fear of having operation on testicles.
- Fear that operation will affect ability to have intercourse or interfere with erection.
- Some pain or discomfort and scrotal discoloring (usually not severe) for several days after the operation. Pain can usually be relieved with mild pain medications. Keep an ice pack on the scrotum for at least 4 hours to reduce the chances of swelling, bleeding and discomfort. Wear a scrotal support for 2 days (jockey shorts will be adequate).
- Operation is not effective immediately. You will need to use condoms until the sperm clears from tubes (15-20 ejaculations). To find if you are sterile, have your semen examined under a microscope after about 15 ejaculations.
- Regret after vasectomy is greater if the partner of the man is under 25, after a divorce or remarriage, if a child dies, or when vasectomy is done immediately after a new baby.
- Operation to reverse vasectomy does not always work. The operation to reverse a vasectomy is highly technical, expensive, and its results cannot be guaranteed.
- No protection against sexually transmitted infections including HIV (the AIDS virus).

WHERE can I go to get this operation done?

- Most urologists, many family practitioners and some nurse practitioners do vasectomies.
- You can get a referral to a clinician who does vasectomies from your primary care clinician, health department, family planning clinic or local medical society. Or call the national organization involved in sterilization training and service (AVSC). Their number is **212-561-8000**.

VASECTOMY; Preparation of this material was not supported by funds from a pharmaceutical company, is *not copyrighted*, and may be copied or adapted without asking permission. ak, cmb, iv, rah: 12/3/96; 404-616-3709 or 706-782-6038. These brief descriptions of contraceptive options are available from the Bridging The Gap Foundation in color, in bulk and on overheads. Call 404-373-0530.